

## TURNING YOUR REFRIGERATOR INTO A MEDICINE CABINET.

### SUBBING FOODS FOR MEDS

Ever thought of turning your refrigerator into a medicine cabinet?

Samantha Heller, a registered dietician and contributor to Health magazine (<http://www.health.com/health/>) stopped by *The Early Show* to explain the health benefits of the grocery products that can be found in *anybody's* fridge -- and spell out how much you can save substituting them for sometimes very medicines!

"You could go out and spend a bundle every time a bug or a cold rears its ugly head," heller says, "but you could also just head to you refrigerator for an edible substitute! These will not be AS EFFECTIVE as over-the-counter medicines, but they're a lot more affordable, and will do the trick:

**Salt:** Sinus remedy - Stuffy? Mix 1/2 cup warm water with 1/2 teaspoon noniodized salt, says Diane Heatley, MD, of the American Academy of Otolaryngology. Using a neti pot, pour the mixture into one nostril; it'll flow out the other. Repeat on the opposite side. **Note: Over-the-counter medicated nasal spray can cost up to \$10 and comes with the "chance of rebound".**

**Garlic:** Athlete's foot remedy - The remedy: Drop a few freshly minced cloves of garlic into a cotton sock, and then wear the sock overnight. (Just be sure to wash your feet in the morning with something that has a more pleasant scent!) Repeat the treatment nightly until the fungus disappears, usually within 7 to 10 days. Why it works: Garlic kills all sorts of fungi. **Note: Topical medications for athlete's foot can cost up to \$9/2.5 ounces.**

**Lemon:** Stomach soother - To nix nausea or morning sickness, add the juice of one lemon to a glass of water or simply suck on a lemon slice.  
OR YOU COULD USE:

**Mint:** Tummy tamer remedy - Cure stomach aches with a cup of mint tea (add a tablespoon of fresh mint leaves to hot water). Mint relaxes digestive-tract muscles and relieves cramps. **Note - Pepto-bismol can cost \$6.**

**Honey:** Healing remedy - Honey has antibacterial properties and is proved to speed up healing, so treat minor scrapes, cuts, or burns to a touch of honey, says Joseph Kellerstein, a doctor of naturopathic medicine in Toronto; apply twice daily for best results. **Note: Anti-biotic ointment can cost up to \$10/1 ounce.**

**Milk:** Reduce eye swelling - Instead of cucumbers, dip cotton balls in cold, whole milk, wring them out and apply to eyelids. The fat in milk hydrates parched skin and reduces swelling." **Note - eye cream can cost upwards of \$30**